



Pomegranate Sorbet

I love the Italian name for pomegranates - melograno meaning 'many seeds' - it's so appropriate for this jewel-like fruit. I also love this deliciously simple pomegranate sorbetto, with its balanced sweet/sour flavour from the pomegranate juice, lemon and pomegranate molasses. It's inspired by my friend Giovanni Pilu who also taught me that using glucose syrup in sorbets and ice creams ensures a wonderfully smooth texture.

Serves 4



INGREDIENTS

- 2 pomegranates
- 1½ tablespoons strained lemon juice (30ml)
- ⅓ cup castor sugar (75g/2½oz)
- ⅓ cup water (80ml)
- 1 teaspoon liquid glucose (5ml)
- 1 teaspoon pomegranate molasses (5ml)

METHOD

1. Cut pomegranates in half.
2. Hold each half over a bowl, squeeze to loosen the seeds then tap the skin with a spoon to dislodge them; I find it easiest to do this into my cupped hand over the bowl to limit the amount of pomegranate juice that splatters around.
3. Use a small spoon or your fingers to extract any remaining seeds, avoiding as much of the membrane as possible.
4. Place seeds and juice in a blender with lemon juice and process until well combined.
5. Pass through a fine sieve into a bowl.
6. Add sugar, water, glucose and pomegranate molasses and whisk until sugar dissolves.
7. Churn in an ice cream machine, transfer to a container, press a sheet of baking paper on the surface, cover and freeze until needed.